



FIND FLOW

Your 5 Minute Reset

A simple way to come back to yourself

This is not about fixing everything.
This is about creating space.

Space to breathe.
Space to feel.
Space to let go of what was never yours to carry.

Step 1 – Breathe

Close your eyes. Slow your breathing down.
In through your nose, out through your mouth.

Let your body begin to settle.

Step 2 – Notice

Notice what you're holding.
Thoughts, emotions, tension.

Don't try to change anything. Just observe it.

Step 3 – Release

Ask yourself quietly:
Is this mine to carry?

If it isn't, let it soften. Let it go with your breath.

Step 4 – Return

Bring your attention back to your body.
Back to this moment.
Back to yourself.

You don't need to have it all figured out.

You just needed this moment.